



## Course Outlines - Law Enforcement Hand to Hand Tactics

**Note: These classes are broken down into 6-8 hour segments covering specific hand to hand tactics for law enforcement. They can be modified (mixed and matched) to fit the needs of your department and can even be taught in a shorter time period. You should be aware that by shortening class time your personnel may not get all information that is critical for their success and safety. All modifications to class schedule should be discussed and worked out with the lead instructor, William Page at The Martial Arts Center, INC. His telephone number is 271-2228.**

### **Class Package 1 – Basic Striking (Class Time 6-8 hours)**

***Objective: The student will learn and execute the techniques for open palm striking, elbow strikes, forearm strikes, knee strike, and low kicks as well as demonstrate what areas of the body to target with these basic strikes.***

Teaching Steps (teaching times are an estimate)

1. Open Palm Striking – How to hit with an open palm – (30 Minutes)
2. Open Palm Targets - (30 minutes)
3. Elbow Strikes – (30 Minutes)
4. Elbow Strike Targets – (30 Minutes)
5. Forearm Strikes – (30 Minutes)
6. Forearm Strike Targets – (30 Minutes)
7. Knee Strikes and Low Kicks – How to execute these techniques – (30 Minutes)
8. Knee strikes and Low Kick Targets – (30 Minutes)
9. Pressure Points – “When” & “How” you should really use them? – (60 Minutes)
10. Supervised Practice – (60 Minutes)

**Class Package 2 – Basic Joint Locking – Passive Resistance to Handcuffing Time and 2 Man Suspect Control Techniques (Class -8 Hours)**

***Objective 1: The Student will demonstrate how joint locking works by executing six basic techniques for joint locking that can be applied to a suspect that is putting up passive resistance to being handcuffed.***

Teaching Steps (teaching times are estimates)

1. Understanding how joint locks work – (30 Minutes)
2. Handcuffing Technique #1 – Ki Bon Soo #6 – (30 Minutes)
3. Handcuffing Technique #2 – Chicken Wing - (30 Minutes)
4. Handcuffing Technique #3 – Ki Bon Soo #9 – (30 Minutes)
5. Handcuffing Technique #4 – Ki Bon Soo #4/2 – (30 Minutes)
6. Handcuffing Technique #5 – Ki Bon Soo #5 – (30 Minutes)
7. Handcuffing Techniques #6 – Finger Locks – (30 Minutes)
8. Supervised Practice (60 Minutes)

***Objective 2: The student will demonstrate various 2-man suspect control techniques with the suspect in the stand, prone, and sitting positions and also with the suspect in a vehicle.***

Teaching Steps (teaching times are estimates)

1. Suspect Standing - Sweep takedown and control (30 minutes)
2. Suspect Prone – (face down) “Chin Lift”, arm pull, and control (30 minutes)
3. Suspect Sitting – Arm Bar (30 Minutes)
4. Suspect in a Vehicle – Arm or Leg control techniques (30 minutes)
5. Supervised Practice – (60 minutes)

**Class Package 3 – Intermediate Joint Locking and Suspect Removal from a vehicle (active & passive resistance) (Class Time 6-8 Hours)**

***Objective 1: The student will demonstrate how to strike various tactical points on the body while maintaining a joint lock through executing various knee strikes, forced takedowns, suspect controls and pins, and grappling techniques.***

Teaching Steps for Objective 1 (teaching times are estimates)

1. Striking tactical points without losing a lock. (30 Minutes)
2. Knee Strikes (30 Minutes)
3. Forced Takedowns (30 Minutes)
4. Suspect Controls & Pins (30 Minutes)
5. Grappling Techniques (30 Minutes)
6. Supervised Practice (60 Minutes)

***Objective 2: The student will demonstrate how to remove a suspect from a vehicle who is putting up either active or passive resistance. This will be accomplished by the student executing various arm locks, leg locks, and headlocks.***

Teaching steps for Objective 2 (teaching times are estimates)

1. Arm Locks (30 Minutes)
2. Leg Locks (30 Minutes)
3. Head Locks (30 Minutes)
4. Supervised Practice (60 Minutes)

**Class Package 4 – Defense against Blunt Trauma Weapons &- Offensive Tactical Baton Techniques - (Class Time 6-8 Hours)**

**Objective 1:** Student will demonstrate ability to defend against blunt trauma weapons using an understanding of the principles of the 9 angles of attack and of correct movements to counter attacks. These principles will be demonstrated by the student executing blocks, joint locks, defense against low strikes, and weapons retention/removal techniques.

Teaching steps for Objective 1 (teaching times are estimates)

1. Nine angles of attacks (30 Minutes)
2. Movements to counter blunt trauma weapons attacks (30 Minutes)
3. One block – two locks for 9 o'clock to 3 o'clock. (30 Minutes)
4. Defense against low strikes (30 Minutes)
5. Weapons retention/removal (30 Minutes)
6. Supervised Practice (60 Minutes)

**Objective 2:** Student will demonstrate ability to use Offensive Tactical Baton techniques using an understanding of the 9 angles of attacks, the tactical targets for striking with blunt weapons (batons), the correct method for delivering strikes, and weapons retention. Student will also demonstrate various joint locking techniques using a tactical baton.

Teaching steps for Objective 1 (teaching times are estimates)

1. Nine angles of strikes (30 Minutes)
2. Tactical targets for blunt weapons (30 Minutes)
3. Correct Methods for delivering strikes. Snapping the weapon (30 Minutes)
4. Weapons Retention (30 Minutes)
5. Joint Locks with a baton (30 Minutes)
6. Supervised Practice (60 Minutes)

**Class Package 5 – Defense against Edged Weapons &- Tactical Edged Weapons Techniques (How to use as knife) - (Class Time 8 Hours)**

***Objective 1: Student will demonstrate ability to use Defensive Techniques against edged weapons using an understanding of the dynamics of an attack, the most common attacks, and spotting a concealed weapon. Student will also learn to accept the likelihood that “they will be cut but will survive” and the importance of “neutralizing the weapon first than the attacker”. The student will demonstrate creating distance and using objects to defend against a edged weapon attack and execute joints locks to create distance.***

Teaching steps for Objective 1 (teaching times are estimates)

1. Understanding the dynamics of an attack (15 Minutes)
2. Most Common Attacks (15 Minutes)
3. Spotting Concealed Weapons (30 Minutes)
4. Creating distance and using objects to defend (30 Minutes)
5. Neutralize the weapon first than the attacker (10 Minutes)
6. Accepting the mindset of “you will get cut but you will survive” (10 Minutes)
7. Supervised Practice (60Minutes)

***Objective 2: Student will demonstrate ability to use a knife using an understanding of “critical distance”, 9 angles of attack, knife concealment & location, knife grips and uses, opening and closing techniques. Student will also learn the advantages of a fixed blade, drawing techniques,, biomechanical cutting & targeting & sentry removal (anti-terrorist). Student will then demonstrate techniques in various scenarios such as knife vs. edged or blunt trauma weapons, knife vs. firearms, & knife use from grappling.***

Teaching steps for Objective 2 (teaching times are estimates)

1. Understanding critical distance (15 minutes)
2. Tactical knife concealment and use location (15 Minutes)
3. 9 angles of attack (15 minutes)
4. Knife grips and uses (15 minutes)
5. Opening and closing the tactical knife (15 minutes)
6. Fixed blade advantages (10 minutes)
7. Drawing techniques (10 minutes)
8. Biomechanical cutting and targeting (30 Minutes)
9. Knife vs. edged or blunt trauma weapons (30 Minutes)
10. Knife vs. firearms (30 minutes)
11. Sentry removal – anti-terrorist (30 minutes)
12. Knife use from grappling (30 Minutes)
13. Supervised practice (60 minutes)

**Class Package 6 – Firearms Removal and Retention Techniques (Class Time 4 Hours)**

*Objective: Student will demonstrate various firearms removal and retention techniques with a pistol, long gun, and sub gun.*

Teaching steps for Objective (teaching times are estimates)

1. Understanding “Critical Distance” (30 minutes)
2. Firearms retention techniques - Pistol in holster (30 minutes)
3. Firearms retention techniques – Pistol drawn (30 minutes)
4. Firearms retention techniques – Long guns and sub guns (30 minutes)
5. Firearms removal techniques – Pistol (30 minutes)
6. Firearms removal technique – Long guns and sub guns (30 minutes)
7. Supervised practice (60 minutes)